



Vitality Training Calendar 2018

Please see below for our 2018 training schedule. Part payment will be required to secure a space on each training. You can find more information about each course on vitality-retreat.com. Also keep an eye on our facebook pages and groups for news about spaces , new courses and waitlists.

Contact donna@vitality-retreat.co.uk to book or be added to our waitlist

March						
		Starts	Time	Location	Wks	Book
Yoga						
	Wed	ongoing	9.30am	Tesco CR	6	waitlist
	Wed	ongoing	5.30pm	Tesco CR	6	waitlist
	Wed	ongoing	6.30pm	Tesco CR	6	waitlist
	Fri	ongoing	5.30pm	Tesco CR	6	waitlist
Mindfulness		ongoing	10-11.30am	Vitality	8	FULL
Relax Kids		ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Chill Skills		ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Zen Day		31-Mar	10am-4pm	Newton Croft	I day	FULL

April						
		Starts	Time	Location	Wks	Book
Yoga						
	Wed	ongoing	9.30am	Tesco CR	6	waitlist
	Wed	ongoing	5.30pm	Tesco CR	6	waitlist
	Wed	ongoing	6.30pm	Tesco CR	6	waitlist

Fri		ongoing	5.30pm	Tesco CR	6	waitlist
Mindfulness		ongoing	10-11.30am	Vitality	8	FULL
Relax Kids		18-Apr	4.30-5.15pm	Tesco CR	6	waitlist
Chill Skills		17-Apr	4.30-5.15pm	Tesco CR	6	waitlist
First Degree Reiki		28 & 29 Apr	10am-4pm	Vitality	2 day	FULL

May						
		Starts	Time	Location	Wks	Book
Yoga						
Wed		ongoing	9.30am	Tesco CR	6	waitlist
Wed		ongoing	5.30pm	Tesco CR	6	waitlist
Wed		ongoing	6.30pm	Tesco CR	6	waitlist
Fri		ongoing	5.30pm	Tesco CR	6	waitlist
Mindfulness		ongoing	10-11.30am	Vitality	8	FULL
Relax Kids		ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Chill Skills		ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Zen Day		26-May	10am-4pm	Newton Croft	1 day	spaces

June						
		Starts	Time	Location	Wks	Book
Yoga						
Wed		ongoing	9.30am	Tesco CR	6	waitlist
Wed		ongoing	5.30pm	Tesco CR	6	waitlist
Wed		ongoing	6.30pm	Tesco CR	6	waitlist
Fri		02-Mar	5.30pm	Tesco CR	6	waitlist
Mindfulness		ongoing	10-11.30am	Vitality	8	FULL
Relax Kids		ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Chill Skills		ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Chakra Healing CPD		23-Jun	10am-4pm	Vitality	1 day	spaces

July						
		Starts	Time	Location	Wks	Book

Yoga						
	Wed	summer break	9.30am	Tesco CR	6	waitlist
	Wed	ongoing	5.30pm	Tesco CR	6	waitlist
	Wed	ongoing	6.30pm	Tesco CR	6	waitlist
	Fri	02-Mar	5.30pm	Tesco CR	6	waitlist
Mindfulness		ongoing	10-11.30am	Vitality	8	FULL
Relax Kids		summer break	4.30-5.15pm	Tesco CR	6	waitlist
Chill Skills		summer break	4.30-5.15pm	Tesco CR	6	waitlist
Residential Retreat		28 & 29 Jul	10am-4pm	Forse House	2 day	spaces

August

		Starts	Time	Location	Wks	Book
Yoga						
	Wed	22-Aug	9.30am	Tesco CR	6	waitlist
	Wed	ongoing	5.30pm	Tesco CR	6	waitlist
	Wed	ongoing	6.30pm	Tesco CR	6	waitlist
	Fri	02-Mar	5.30pm	Tesco CR	6	waitlist
Mindfulness		18-Aug	10-11.30am	Vitality	8	spaces
Relax Kids		29-Aug	4.30-5.15pm	Tesco CR	6	waitlist
Chill Skills		28-Aug	4.30-5.15pm	Tesco CR	6	waitlist
Zen Day		summer break				

September

		Starts	Time	Location	Wks	Book
Yoga						
	Wed	ongoing	9.30am	Tesco CR	6	waitlist
	Wed	ongoing	5.30pm	Tesco CR	6	waitlist
	Wed	ongoing	6.30pm	Tesco CR	6	waitlist
	Fri	ongoing	5.30pm	Tesco CR	6	waitlist
Mindfulness		ongoing	10-11.30am	Vitality	8	FULL
Relax Kids		ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Chill Skills		ongoing	4.30-5.15pm	Tesco CR	6	waitlist

Zen Day	29-Sep	10am-4pm	Vitality	1 day	spaces
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October

		Starts	Time	Location	Wks	Book
Yoga						
	Wed	ongoing	9.30am	Tesco CR	6	waitlist
	Wed	ongoing	5.30pm	Tesco CR	6	waitlist
	Wed	ongoing	6.30pm	Tesco CR	6	waitlist
	Fri	ongoing	5.30pm	Tesco CR	6	waitlist
Mindfulness		ongoing	10-11.30am	Vitality	8	FULL
Relax Kids		31-Oct	4.30-5.15pm	Tesco CR	6	waitlist
Chill Skills		30-Oct	4.30-5.15pm	Tesco CR	6	waitlist
First Degree Reiki		27 & 28 Oct	10am-4pm	Vitality	2 day	spaces

November

		Starts	Time	Location	Wks	Book
Yoga						
	Wed	ongoing	9.30am	Tesco CR	6	waitlist
	Wed	ongoing	5.30pm	Tesco CR	6	waitlist
	Wed	ongoing	6.30pm	Tesco CR	6	waitlist
	Fri	ongoing	5.30pm	Tesco CR	6	waitlist
Mindfulness		ongoing	10-11.30am	Vitality	8	FULL
Relax Kids		ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Chill Skills		ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Zen Day		24-Nov	10am-4pm	Newton Croft	1 day	spaces

December

		Starts	Time	Location	Wks	Book
Yoga						
	Wed	ongoing	9.30am	Tesco CR	6	waitlist
	Wed	ongoing	5.30pm	Tesco CR	6	waitlist
	Wed	ongoing	6.30pm	Tesco CR	6	waitlist

Fri	ongoing	5.30pm	Tesco CR	6	waitlist
Mindfulness	ongoing	10-11.30am	Vitality	8	FULL
Relax Kids	ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Chill Skills	ongoing	4.30-5.15pm	Tesco CR	6	waitlist
Reiki Share	15-Dec	10am-4pm	Vitality	1 day	spaces
The Practical Goddess 2019	9 Dec to 9 Jan		wherever you are	1 year	spaces

